

MAY 2022

BERNICE FONTENEAU SWC

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592



MONDAY

- 8:30** Open Gym & Computer Lab
- 9:00** Brain Gym
- 9:00** Enhance Fitness with Deborah
- 10:00** Nutrition Education
- 11:00** Line Dancing
- 11:00** Platica en Español
- 1:00** Sticking Around
- 1:30** Nature Appreciation Group
- 1:30** Tech Check

TUESDAY

- 8:30** Morning Mindfulness
- 9:00** Brain Gym
- 9:00** Chair Stretch & Meditation with Sadie
- 10:00** Health & Wellness
- 11:00** Aerobics with Kojak
- 1:00** Walking Club
- 1:30** Inspiration & Fellowship
- 2:00** Quilting

WEDNESDAY

- 8:30** Morning Mindfulness
- 9:00** Brain Gym
- 9:00** S.A.I.L. with Adriene
- 10:00** Mental Health Matters
- 11:00** Butts and Guts with Adriene
- 1:00** Current Events & Book Club (last Wed only)
- 1:00** Tai Chi with Jerry (YMCA)
- 2:00** Mind Over Mood/Healing Circle
Zoom ID: 353-982-0971
Passcode: 1340

THURSDAY

- 8:30** Morning Mindfulness
- 9:00** Brain Gym
- 9:00** Muscle Toning with Tony (YMCA)
- 10:00** Nutrition Education
- 11:00** Aerobics with Kojak
- 1:00** Peer Group
- 1:00** Zumba Gold
- 2:00** Quilting
- 2:00** Baking Club (May 12 & 26)

FRIDAY

- 8:30** Open Gym & Computer Lab
- 9:00** Brain Gym
- 9:00** Walking Club
- 10:00** Nutrition Bingo
- 10:00** Chair Yoga with Sadie
- 11:00** Health & Wellness
- 11:00** Club Memory with Sibley Hospital
Zoom ID: 929 9726 8202
Phone only: 301-715-8592 + ID
- 12:30** Spanish
- 1:00** Fun Friday

Open Gym and Computer Lab Monday-Friday 8:30-4pm



BERNICE FONTENEAU SWC

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592

*Happy Older Americans Month!
"Age My Way!"*

Sign Up for Senior Fest (May 25th)

NEED RESOURCES?

GETHELP.DC.GOV OR 311,
TERRIFICINC.ORG-202-882-
1160,
DACL.DC.GOV-202-724-5626,
BERNICE FONTENEAU SENIOR
WELLNESS CENTER, 202-727-
0338

MARK YOUR CALENDARS!!

MONDAY

5/4 Town Hall Meeting
5/9 African American Museum (leaving 9:45 am)
5/16 Arboretum (leaving 9:30 am)
5/30 Closed for Memorial Day

TUESDAY

5/3 10 am Snap Ed with Lynitta Lockett
5/10 10-12pm Grocery Plus Pick Up, Please Bring ID

WEDNESDAY

Mental Health Matters will be on BFSWC Zoom
1-2 pm Office Hours with Elizabeth every week; drop-in
5/4 11 am Town Hall Meeting
5/11 10-12 pm Grocery Plus Pick Up, Please Bring ID
5/18 1 pm Prevention of Blindness
5/25 Senior Fest

THURSDAY

5/5 1 pm Cinco de Mayo Social
5/19 1 pm Domestic Violence Presentation with Sylvia Arreaza
5/26 1 pm Caregivers Institute

FRIDAY

5/6 11 am Hearing and Speech with Dr. Jay Ambalavanan
5/6 1 pm Mother's Day Tea
5/13 Dutch Market (leaving 9 am)
5/13 11 am Hepatitis with Dr. Saad Farooq
5/20 10-12:30pm Booster Shot through Mary's Center
5/20 11 am Asthma and Allergies with Dr. Stephen Sebastian

ATTENTION: STARTING IN JUNE, THE CALENDAR WILL ONLY BE AVAILABLE VIA EMAIL OR AT THE CENTER ONLY

CALENDAR IS SUBJECT TO CHANGE